

Meditation

**Buddhist style meditation with Sandra-Ruby.
Wednesday evenings.**

*Meditation - a way to reduce the stress of daily life & promote
your inner peace and presence in Meta Loving Energy.*

*Create positive and peaceful thoughts to bring peace to your
world.*

Group begins with a social time 4.30-5.00 pm, then a Meditation
session 5.00-6.00 pm.

Place: Minnawarra House, 24 Numulgi St, Armadale

Time: Wednesday 5.00-6.00pm (during school term)

Cost: FREE



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